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INTO THE OKINAWAN BLUE



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オキナワブルーへダイブ 内なるウミンチュを探して

周囲を海に囲まれたここ沖縄では、貴重なバケーションをどこで過ごしたらよいか迷ってしまいますね。今回のトータルオキナワマガジンでは、県内のシュノーケリングスポットを誰もが知る有名なものから隠れた名所までご紹介。

このマガジンはオンラインでも見ることができます。

www.totalokinawa.jp

尋找您內心的'海人'

坐擁永無止境海洋的島嶼上，要決定那裡渡過一個寶貴假期實在很難。我們會讓您看一些沖繩最為人所知，還有不太為人所知的浮潛景點。

您可以在此查看線上雜誌：
www.totalokinawa.jp

Grapachina

by Anna Hebel

The Italian, rustic-looking restaurant right at Arah beach in Chatan promises a great lunch or dinner experience. Grapachina offers a variety of sides at their buffet—including soups, salads, breads, various meats like fried chicken and ham, dessert, coffee, juices, and tea. At your table you can also choose from a menu of delicious pizzas and pastas. Two dishes can be selected each time you order—one pasta dish and one pizza. Second and third orders are allowed, though, so don't worry! You can enjoy the Italian dishes as much as you like.

The pizzas are handmade and baked in a stone oven, so the crust is light and crispy—exactly how Italian cuisine lovers prefer. Toppings vary from basil, bacon, different kind of cheeses, and seafood, to sweet toppings like ice cream and chocolate sauce. The pastas are either basil, cream, or tomato-based, and are served in big portions. It was almost impossible to finish the second pasta I ordered with my friends, due to the huge selection of delicious buffet foods.

The highlight for me was the little coffee corner, where you can choose and grind your own beans and brew them in an Espresso machine. There is also a big rack of syrup, where you can select any flavors of your choice. It was fun trying tiramisu, blueberry, and amaretto flavors to make my own special coffee for the afternoon.

The price for the lunch buffet is ¥1,300. The restaurant closes at 15:30 to prepare for the evening, so come early enough to enjoy the great buffet for as long as you like.



Google Map & Directions:



<https://goo.gl/maps/9qryVJYrT3H2>

11:30-15:30 / 18:00-22:00

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グラパチーナ

北谷町アラハビーチ目の前にあるオシャレなレストラン「グラパチーナ」。ここでは、ランチもディナーも最高のお食事体験ができること間違いなしです。まずピュッフェにはスープやサラダ、パン、そしてフライドチキンやハムなどの肉料理、さらにはデザートやコーヒー、ジュースやお茶までが並びます。さらに追加で豊富なピザやパスタメニューからメインを選んで注文することもできます。一度に2品注文することもできるので、ピザとパスタを選ぶことも可能。

さらに3品目、4品目の注文も可能ですのでご心配なく。好きなだけイタリア料理をお楽しみください。

ピザは手作りで、店内にある石窯で焼いているため、生地は薄くてサクサク。まるで本場イタリアのよう。トッピングにはバジル、ベーコン、チーズ数種、シーフードなどがあり、アイスクリームやチョコレートソースなどでデザートピザにもできます。また、パスタはバジルソース、クリームソースカトマトソースがあり、量はかなり多め。ピュッフェにならんだ美味しいサイドディッシュを食べ過ぎた私たちには、食べきれないほどでした。個人的にとてもよかったのは、自分で好きな豆を選んで挽いてエスプレッソマシンで淹れることができるコーヒーコーナー。シロップも何種か置いてあり好きなフレーバーを選ぶことができます。ティラミスやブルーベリー、アマレットなど自分だけのコーヒーを作ってみては。

ランチピュッフェは1,300円ですが、午後3時30分に一度閉店してしまうため、早めに来店してのんびり好きなだけ美味しい食事を楽しむことをお勧めします！

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ウェブサイト：<https://grapachina.jimdofree.com/>

這是位於北谷安良波海灘的意大利鄉村外觀餐廳，保證能提供美味的午餐或晚餐體驗。Grapachina 在他們的自助餐中提供各種不同副餐，包括湯類、餛飩、沙拉、餛飩、不同的肉類如炸雞和火腿、甜食、咖啡、果汁和茶。您在餐桌可以用菜單，額外選取各種不同的美味披薩和麵食。一次能選擇兩道菜，所以一次能點一道麵食和一道披薩。但是也允許點第二次和第三次，所以不用擔心。您可以盡情享用義大利菜餚。

披薩是以手工製作並在石頭火爐中烘烤，所以餅皮輕薄酥脆，一如義大利美食愛好者所喜歡的。餡配料各有不同，從羅勒、煙肉、各種芝士、海鮮，甚至是像雪糕和朱古力醬的甜點。麵食也有羅勒、餛飩或是番茄的基底，而且上菜的份量很大。幾乎不可能吃完。我和朋友們所點的第二道麵食，因為自助餐還有其他美好食物。對我而言，亮點在於那個小咖啡角落，您可以挑選和研磨自己的咖啡豆，然後放進義大利濃縮咖啡機來煮。還有一大架子的糖漿，讓您可以從中挑選喜歡的口味。嘗試提拉米蘇、藍莓和杏仁甜酒的口味，來為我自己在下午做出特殊的咖啡很有趣。

午餐自助餐的價格是 1,300 日圓，但是餐廳會在下午三點半打烊來為夜晚做準備，所以要早點前來，盡您所能的長時間享用這絕佳自助餐。

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AJITOYA

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Chatan Google Map

11:00am-3:00pm (Everyday)
6:00pm-9:00pm (Mon-Fri)
5:30pm-9:00pm (Sat-Sun)

Oodomari Beach

by Chris Enriquez

Everyone who has been on this island long enough has visited—or at least heard of—the wonderful Ikei Island. Ikei Island is surrounded by such beauty that it has spawned an endless number of commercial beaches, each competing for your everlasting, joyful experience. To be honest, this place is so delightful that I almost did not want to write this piece to share! It is my precious! Nevertheless, doing so would be a crime against nature. Hence, with umbrage, I will proceed.

Oodomari beach is probably the *crème de la crème* of beaches located in Ikei Island. This place is so hidden that it took us four passes to finally find it. Not only that, but to our surprise, upon arrival, they charged us immediately, even before we were allowed to enter the premises. We were not even sure if this was the beach we wanted to go to, and yet a man stood outside my car asking for ¥500 per person. A petty gamble, yet a gamble nonetheless. After a quick U-turn and a brief discussion with the group, we decided to go for it, and returned to the beach. My reaction in one word? Pure absolute astonishment beyond imaginable belief of the spectacular beauty set before me (okay, that was way more than one word, but that's how surprisingly beautiful it was). Usually before reaching this beach, we would pass by about three others and end up going to one of them, a mistake I am sure many have made. Who would have thought that there is a nicer beach by about tenfold just a few minutes farther? The appeal of this beach is that, since its location is rather hidden, the amount of swimmers you would get are fewer than average. The sand is soft and the beach is cleared of jagged stones enough to be able to walk barefoot. They also have plentiful beds of corals located close to shore, all deep enough that I could enjoy snorkeling without needing to swim very far. The support facility is complete with parking, showers, changing rooms, rental swimming gear, and even BBQ and dining set rental service! The beach is netted and has a manned life guard, so you can let your kids enjoy the water without worry.

Although a bit farther compared to the other beaches, it's worth the extra drive. To get there, head towards Ikei Island. After you've passed about two beaches, keep your eyes peeled for a billboard that reads "Ootomari Beach" on your right. It will direct you to a left turn onto a narrow road where you'll pass some farmland and a graveyard. Continue to follow the signs until you start to head down a seemingly one-way, rocky road, where you'll see a man waving at you at a distance. This is their parking entrance. Don't forget your sunblock!



Google Map & Directions:



<https://goo.gl/maps/1PW4UZqozky>

9:00-18:00 (every day)

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098-977-8027 / oodomari.com

大泊ビーチ

沖繩本島に住んでいる人なら一度は訪れたことのある(または耳にしたことがある)「伊計島」。ここには多くのビーチがありそれぞれが魅力を競い合っています。今回ご紹介する大泊ビーチは、あまりに魅力的だったため、正直、ここで書くことをためらいました...しかしながら、その魅力から逆に書かずにはいられず、今回少々ですが皆様にご紹介したいと思います。



まず、大泊ビーチは伊計島にあるビーチの中でも間違いなく最高です。場所は、道の奥まったところにありとてもわかりにくく、私たちは到着するまで4回も通り過ぎてしまいました。少し驚いたのは、到着するとビーチや駐車場に入る前に料金を取られることです。私たちが訪れた時には、ここが自分たちが探していたビーチかを確認する前に男性スタッフが車の横に立ち、ひとり500円の料金を求めてきました。一度引き返さそうするかを友人と相談し、結局行ってみることに...。しかし、ビーチを見た時の私の感想をひとことで表すとまさに「眼前に広がる自然のすばらしさ、その美しさは想像をはるかに超越した真の感動をもたらした」という感じでしょうか...!(やはりひとことでは言い表せませんでしたか)。それくらい美しいビーチでした。付近にはこのほかにいくつもあるビーチがあるのですが、いつもはそれを通り過ぎたりしながらその中のどれかに行くのがお決まりでした。しかし今回大泊ビーチを訪れて、大きな過ちを犯し続けていたことに気がついたのです。車で少し走ったところに10倍以上きれいなビーチがあるなんて、誰が想像できたでしょう?!このビーチのよいところは、場所がわかりにくく隠れ家的ビーチになっているため、観光客の数が他より少ないところです。砂も柔らかく、砂浜には鋭い石もなく裸足で歩いても問題ありません。また海中には波打ち際近くや少し沖合にたくさんのサンゴ礁があり、遠くまで泳がなくても楽しむことができます。施設には駐車場、シャワー、更衣室、アクティビティ機器の貸し出しもあり、BBQセットやテーブルのレンタルもできます。海にはネットが張ってありライフガードもいるので、お子様連れでも安心です。

他のビーチに比べると少し遠いですが、行くだけの価値はあります。アクセスは、伊計島に向かって走り2つビーチを通り過ぎたら、右側に「大泊ビーチ」の看板が見えてきます。そこで左折し畑やお墓を通り過ぎて細い道を進むと、車一台しか通れないほどの狭い道の下で駐車場係の方が手を振るのが見えてくるでしょう。日焼け止めを忘れずに!

Oodomari 海灘

每個在這個島上待夠久的人，都去過或至少聽說過美麗的伊計島。伊計島周圍環境是如此美麗，催生了無數商業化的海灘，爭著為您提供永生難忘的享受體驗。駕說實話，這個地方實在太令人愉悅，我都快不想寫出來分享了。駕這是我的寶藏！然而，若不與大家分享是對大自然不敬。因此，雖然不情願，我還是會繼續寫的。



Oodomari 海灘大概算是伊計島的海灘中的精選之一。駕這個地方是如此隱蔽，我們穿了四個山口最終才找到它。駕不僅如此，令我們驚訝的是，在抵達後，他們甚至在我們被允許進入之前，立即向我們收取費用。駕我們甚至不確定這是不是我們想去的海灘。駕但是有個男人站在我的車外，要求收取每人500日元。駕這是個小賭注，但仍然是一場賭注。駕在快速迴轉，進行小組的簡短討論之後，我們決定去試試這個海灘。駕用一個詞來形容我的反應：絕對驚訝，遠超出了我想像得出來的壯觀美景盡在眼前(好吧，這不止一個詞)。駕但這就是令人驚訝的美麗。駕通常在到達這個海灘之前，我們會經過大約三個海灘，最後去其中一個。駕我相信很多人都犯了一個錯誤。駕誰會想到只需幾分鐘的車程，就有一個更好10倍的海灘呢？這個海灘的吸引力在於，它位於相當隱蔽的地方，所以游泳者的數量會少於平均水平。駕沙子很柔軟，海灘上沒有鋸齒狀的石頭，讓人能赤腳走路。駕他們還有很多靠近岸邊的珊瑚床，水也足夠深，不需要游得很遠就能享受浮潛。駕週邊設施包括停車場、淋浴設備、更衣室、水上活動設備租賃，甚至能租用燒烤設施和餐桌。駕此海灘有警戒線，有救生員，所以你可以讓孩子安全地戲水。駕

雖然與其他海灘相比有點遠，但這裡真的值得特別開車來駕前往的方式是，先往伊計島，經過兩個海灘後，眼睛請留意你的右邊會有 Ootomari 海灘的廣告牌。駕它會指引你左轉到一條小路，在那裡你可以通過一些作物和日本墳墓繼續按照標誌行駛，直到你開始沿著一條崎嶇不平的道路前行，在那裡你會看到一個男人向你揮手，一段距離後旁邊是他們的停車場入口。駕別忘了防曬霜!

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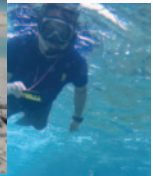
FINDING YOUR INNER UMINCHU

by Chris E.

On an island that seemingly
never runs out of sea,

it's hard to decide on the best place to spend your precious vacation time. From the surface, all the beaches may seem similar—simply clear, blue bodies of water—but diving into the water reveals that the beaches couldn't be more different. Each offers their own special qualities that make them wonderful in their own ways. And what is the best way to explore and enjoy the deep blue sea, you ask? Why, snorkelling, of course! It's really the only way to go. Here are some of the best-known and not-so-known picks of snorkelling areas in Okinawa.

ZAMAMI ISLAND



Kozamami Beach

Quite possibly the most beautiful snorkelling spot you will ever encounter, Kozamami beach is often overlooked as it is tucked away on the east side of the small island of Zamami. What makes Kozamami beach the best place to snorkel is its coral beds. Coral beds are layers of colorful, live coral that house many species of fish and spread throughout vast areas several meters wide. With many snorkelling spots now being stormed by tourists, it's very rare to find such a wide variety of live coral functioning as marine ecosystems. Luckily, the village of Zamami has strict rules on their tours to help the preservation of such beautiful natural areas. You can book your tour to see the live coral beds at www.vill.zamami.okinawa.jp.



TOKASHIKI ISLAND



Tokashiku Beach

Following at a close second, the Tokashiku beach is home to one of the most colorful fish you will ever find around the island. Located in the west side of Tokashiki, this beach has probably the most variety of fishes you can encounter in a single area. Obviously, there are the standard angel fish, parrot fish, and the dory fish (royal blue tang), but this beach also offers the highest chance of spotting a sea turtle—during the summer months, it's almost guaranteed (if you time it right). Please remember that under no circumstances are you to touch the sea turtle, as this would cause him to swim away and not come back. Simply just watching him feast on his morning sea grass is plentiful enjoyment and stress relief. To get to Tokashiku Beach, you need to ride a ferry departing Tomari port twice a day. Learn more on how to get there by visiting www.vill.tokashiki.okinawa.jp.



ISHIGAKI ISLAND

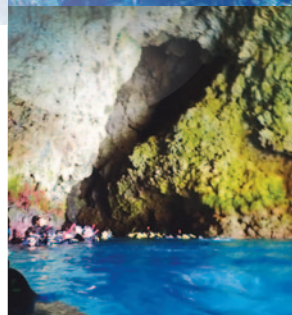


Snorkelling in Ishigaki offers a unique benefit that most people unintentionally overlook: isolation. Nowadays, especially during summer, it seems everywhere you go there are wave after wave of tourists trying to find their own little private spaces they can enjoy in peace. Obviously you won't find this at any of the commercial beaches. The thing about Ishigaki is that, since it's surrounded by nice, calm seas all around, you can find a beach almost anywhere, and all you have to do is stop your car, take a short walk, and—poof!—your own private beach. This is perfect for when you want a private snorkelling adventure with that special someone, or with your family. Generally, it's safe to do so, and you'll spot other tourists who are also having their private adventures—just keep a wary eye on your surroundings underwater, and don't go too far into the deep end. If you ever find yourself vacationing on the Ishigaki Island, consider adding this private spot onto your itinerary.

MAEDA POINT



Maeda point is a mixing pot of marine enthusiasts. There's the guided snorkelling tours, the scuba diving groups, the casual folks there for a swim, and the free divers. It can't help but make you wonder—what on earth is going on here? Obviously there's beautiful marine life, but what draws people here is the underwater cave—the blue cave, to be exact. Just a few meters in is the entrance to the cave, and if the cave itself isn't exciting enough, the climax comes at the end of the cave—a natural, blue, underwater illumination that comes from the reflection of sunlight entering the cave. Wild stuff. Go with a group tour, as it usually comes with a story guide and some awesome pictures. For more information, check out blue-cave.okinawa.



IKEI ISLAND



Oodomari Beach

Ikei Island has many beaches that offer snorkelling, but Oodomari beach is hands down the best place to go for snorkelling in Ikei. To snorkel, most beaches require high entrance fees or have special restrictions for snorkelling such as life jackets. Surprisingly, with all their stringent demands, they often don't offer a good viewing of fish! At Oodomari beach, not only are they a bit lenient on their rules for snorkelling, but also have a wider range of fish. At one specific part of the beach, there is a patch of coral that is the permanent house of the entire cast of "Finding Nemo!"—well, almost the entire cast, anyways. Interestingly enough there is an entire village of clown fish, so you'll never run out of awesome pictures. The best part is that you can also buy fish food to feed the fish! For more information on Oodomari beach—a.k.a. Mamasan beach—check out www.oodomari.com.



オキナワブルーヘダイブ - 内なるウミンチュを探して

周囲を海に囲まれたここ沖縄では、どのビーチでパケーションを過ごせばよいのか迷ってしまいますね。一見、ただのきれいな青い海に見えるかもしれないビーチも、実際に潜ってみるとそれぞれ個性があることがわかります。それぞれビーチに見られる何かがあり、ひとつひとつが最高のビーチなのです。そこで、青い海を楽しむベストな方法とはいうと...もちろん、シュノーケリング! それしかりありません。今回は、沖縄の人気の、そしてあまり知られていないシュノーケリングスポットをご紹介します。

座間味島 - 古座間味ビーチ

座間味島という小さな離島の東端にある古座間味ビーチは、私が訪れたシュノーケリングスポットの中でも最も美しい場所でしたが、そのロケーション故に見過ごされがちです。古座間味ビーチの特徴はなんといってもそのサンゴ礁。サンゴ礁とは、色とりどりのサンゴが層を成したのですが、ここでは大きなものは何平方メートルもの広さにまで成長し、多くの魚たちの住処となっています。今や、多くのシュノーケリングスポットに観光客が押し寄せる中、海洋生態系の中で機能している生きたサンゴをこんなにたくさん見ることができる場所は非常に希少と言えるでしょう。また座間味村ではツアーに対する厳しいルールを設け、自然保護に取り組んでいます。サンゴ礁ツアーの予約はこちらから: www.vill.zamami.okinawa.jp/.

渡嘉敷島 - 渡嘉志久ビーチ

古座間味ビーチに続き、カラフルな魚たちを多く見ることができる場所として知られているのが渡嘉志久ビーチです。渡嘉敷島の西海岸にあるこのビーチは、1か所で見られる魚の種類としては最多を誇ると思います。エンゼルフィッシュやブダイの仲間たち、ナンヨウハギはもちろん、かなりの確率でウミガメに遭遇することができます。夏の時期は、タイミングがよければほとんど必ずと言っていいでしょう。しかしひとつだけ覚えておいてください。どのような状況であっても決してウミガメには触らないこと。触ろうとすると泳いで逃げて行ってしまう、もう戻ってきてくれません。ウミガメがのんびりと海藻を食べているところを見るだけで、十分楽しめます。渡嘉敷島へはフェリーでアクセス可能。詳しくはこちら: www.vill.tokashiki.okinawa.jp/.

石垣島

石垣島でのシュノーケリングには、多くの人が見逃してしまう大きな利点があります。それは「プライベート感」。最近、特に夏の時期にはどこへ行っても観光客ばかりで、皆が皆自分だけのビーチを探し自分だけの時間を楽しもうとしています。商業用に管理された観光用ビーチではそんな自分だけのプライベートビーチなど見つかりませんが、石垣島は島全体が静かな海に囲まれているため、どこでもビーチを見つけることができます。後は車を停めてちょっと歩けば...!そこは自分だけの「プライベートビーチ」。特別な人や家族だけでゆっくりとシュノーケリングを楽しみたい人には打ってつけです。一般的にはそのようにシュノーケリングをしても問題はなく、他にも自分たちだけで楽しんでいる人たちもたくさんいますが、念のため周囲の環境には十分注意を払い、あまり深いところや遠いところまで行かないようにしてください。石垣島で休暇を過ごす方、是非このプライベートシュノーケリングも旅の予定に加えてみては。

真栄田岬

真栄田岬はまさに、マリッジ好きの集まる場所。ガイド付きシュノーケリングツアーのグループ、スキューバダイビングのグループ、ふらっと泳ぎに来てみた人たち、フリーのダイバーたち...。初めて見る人はきつと「何でこんなに?」と不思議に思うことでしょう。たくさんの魚がいることはもちろんですが、真栄田岬が有名なのは水中洞窟があるから。その名も「青の洞窟」。入水してから何メートルか泳ぐとすぐに洞窟入り口が見えてきますが、そこではまだまだ魅力はわかりません。クライマックスは洞窟の奥まで入り、入り口を振り返った時。洞窟に差し込む光の反射で水中に広がる美しい青のグラデーション...まさに自然の雄大な美しさです。まずは、ガイド付きで写真も撮ってくれるグループツアーに申し込むことをお勧めします。詳細はこちら: blue-cave.okinawa/

伊計島 - 大泊ビーチ

伊計島にはシュノーケリングが可能な多くのビーチがありますが、大泊ビーチは伊計島でのベストシュノーケリングスポット。シュノーケリングには、通常どのビーチでも高い入場料を払わされるか、常にライフジャケットを着用しなければならないなどの規制がつきものです。そしてそんなにガチガチに縛られながらも全然魚がいらないなんてことはしょっちゅう。しかし大泊ビーチでは、シュノーケリングに対するルールもそんなにきつくないばかりか、驚くほど多くの魚を見ることができるのです。区域内の一部のサンゴに、映画『ファインディング・ニモ』の登場キャラクターが勢ぞろいしているかと思うほど!クマノミの一家が住んでいるのできっと素敵な写真がたくさん撮れるでしょう。さらに、魚の餌を買ってあげることも可能!大泊ビーチの情報はこちら: www.oodomari.com/

* 在 totalokinawa.jp 有線上中文翻譯可瀏覽

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Ma-suya Yukishio Ice Cream

by Chris Enriquez

With all the craze over frozen yogurt these days, it's very easy to forget about the classics. Obviously, I'm talking about soft-serve ice cream. How delicious it was in my youthful summer days. Back then, it only came in one flavor—vanilla. Honestly, that's all you really needed. I remember how I use to take a giant bite right off the top, instantly regretting it soon as the brain freeze kicked in. In an effort to keep up with modern trends, Ma-suya's Yukishio (literally "snow salt") ice cream parlor offers salt-flavored soft-serve with an interesting twist.

Look, I don't live under a rock. I am fully aware that salt-flavored soft-serve has been around for quite some time now. No news there. So why mention Ma-suya Yukishio ice cream at all? Sure, salt is salt, but what if I told you (in the voice of Morpheus from *The Matrix*, by the way) that Ma-suya's Yukishio ice cream has over fifteen different types of salt flavors to add to your ice cream? That's how deep the rabbit hole goes (still using that Morpheus voice). Notable favorites include red chili pepper, matcha, wasabi, black sesame, cocoa (not sure if it's technically considered a salt, but still worth mentioning), and the ever-so-popular shiquasa, which I think is an Okinawan lime. The soft-serve comes in regular vanilla flavor, which you then coat with a fine sprinkle of your selected salt flavor(s) on top. Foodie tip: if you layer only the top of your ice cream with one type of salt, then lick all of the salted area off and apply a different flavor to the top, you can try multiple flavors while only ordering one soft-serve. You're welcome!



Price is typically what you would expect for ice cream—about ¥380 for a cone—but, if you get it in a cup, you can also get chinsuko (salty, sugary biscuits) for free. To get to Ma-suya, find your way to the famous Kokusai Dori at Naha. Find parking, and then start walking. From anywhere along the Kokusai Dori, find the shopping arcade called "Heiwa Dori", which leads to the Makishi fish market. When you enter the shopping arcade, pay attention to your left side. The Ma-suya Yukishio ice cream parlour should be at around 100 meters in.



Google Map & Directions:



<https://goo.gl/maps/mpSXWLTcxWo>

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塩屋(まーすやー)雪塩ソフトクリーム

最近、フローズンヨーグルト人気が爆発的で、昔ながらのスタイルが忘れ去られようとしているのでは、と心配しています。そう、ソフトクリームです。暑い夏の日のソフトクリームの、何と美味しかったこと...!その昔はバニラ味しかなかったものでしたが、その時代はそれだけでよかったです!待ちきれずにそのてっぺんを一口に頬張り、直後頭が「キーン」となり後悔したものです。さて時代は変わり、この塩屋(まーすやー)と読みます。マースは沖縄の言葉で「塩」はなんと、塩味の雪塩ソフトクリームなるものを開発したのです。



私も一応世の中のトレンドなどは知っているつもりなので、塩味のソフトクリームがそんなに目新しいものでないことは知っています。ではなぜ今さら、塩屋雪塩ソフトクリームを紹介するのか?塩は塩でも、雪塩ソフトクリームには15種類以上のフレーバーの「塩トッピング」があるとしたら?想像できますか?塩トッピングには、ピパーチ塩、抹茶塩、わさび塩、黒ごまの塩、ココア塩などがあり、沖縄ならではのシークワサー塩なども。ソフトクリームは普通のバニラ味なので、自分で塩トッピングを選んでふりかけていただきます。最初にひとつのフレーバーを選んで試したら、その部分を食べた後にまた違うフレーバーを試してみてもは?

価格は、コーンで380円と通常のソフトクリームと変わりませんが、カップで注文するとちんすこうが無料です。店舗は、那覇市国際通りの平和通り沿いにあります。牧志公設市場に向かう平和通りに入ったら100メートルくらい進むと左手に店舗が見えてきます。

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塩屋雪鹽軟雪糕

最近人們對於霜凍乳酪的狂熱實在會讓大家忘記原本的冰品經典駕很顯然的,我要談的主題是軟雪糕駕在炎炎夏日品嚐一口軟雪糕是多麼美味駕以前的軟雪糕只有香草一種口味而已駕但老實說那也夠了駕我還記得我都會從頂端大大的咬下一口,但當腦袋瞬間冰凍,我就會馬上後悔剛才的舉動駕為了努力跟上其他人的進展,塩屋雪鹽軟雪糕專賣店生產了帶有有趣風味的鹽味軟雪糕駕



聽好,我也不是什麼井底之蛙駕我完全知道鹽味霜淇淋已經出來好一陣子了駕這不是什麼新聞駕那我為什麼要提到塩屋的雪鹽軟雪糕呢?的確,鹽就只不過是鹽,但如果我(用電影駭客任務裡莫菲斯的聲音)告訴你塩屋有超過 15 種不同的鹽可以加到你的雪鹽軟雪糕上呢?事情就是這麼複雜離奇(還是用剛剛的聲音)駕裡頭值得一提的是的口味包含了辣椒餓抹茶餓芥末餓黑芝麻餓可可(不太確定這技術上算不算鹽但還是值得一提),和最熱門的扁實檸檬,我認為它像是沖繩的萊姆駕軟雪糕本身還是一般的香草口味,你可以選擇鹽粉口味將鹽粒撒在外層駕給饕客的小建議:如果你一開始只有在軟雪糕上端撒上一種鹽,當你吧鹽的部分都舔乾淨以後,你可以再撒第二次,如此一來點一支軟雪糕就可以嘗到多種不同口味的鹽駕不用謝我了!

價格通常是你會考慮的事項駕甜筒軟雪糕一隻大約 380 日圓,但如果你選擇用杯子裝,你還可以免費得到金楚糕(一種鹹甜餅乾)駕要前往店家可以先到那霸市著名的國際通,找地方停車,接著開始步行駕在國際通的任何一處找到通往牧志魚市場,一個叫做平和通的購物商圈駕當你抵達購物商圈後請留意左手邊駕塩屋雪鹽軟雪糕專賣店將位於約一百公尺以內駕

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Weird and Wonderful Japan

Parents win compensation for host club death

Parents of a nightclub host who died at 21 after chugging alcohol during his work won a landmark case. He suffered alcohol poisoning and died in 2012 but his parents were initially denied compensation based on workplace injury schemes. Following appeal a senior court held that it was very hard for him to refuse alcohol with pressure from senior colleagues and drinking was a part of the job.

Plastic in stomachs of 6 Nara deer

Six deaths of the free roaming deer for which Nara is famous have been attributed to a large quantity of plastic found in their stomachs after death. It appears that tourists are feeding deer from plastic bags which the deer are eating with the food but also with increased tourism comes increased waste on the grounds.

May temperatures hit new records

Three women died and 10 students were taken to hospital when temperatures hit new highs in May. Temperatures hit a high of 39.5c in Saroma, a record high for Japan.

Bully insurance for sale

You can now buy bully insurance for your children in Japan. Unfortunately it doesn't pay out if your children is bullied, but pays for legal or medical fees as a result of bullying. Whatever your stance on the best way to deal with bullies, advertising the fact your parents have bully insurance probably is something best kept quiet on the playground.

Japanese companies resist hiring foreigners under new rules

Just one in four companies plan to employ foreigners under the new immigration scheme. The aim is to attract more blue collar workers in areas such as construction and nursing but companies appear to be concerned about quality, education costs and product yields.

Teen boys caught peeping into girls hot spring during class trip

Despite the best efforts of teachers to stop the teenage boys on a school trip from peaking at the bathing area the girls were using at a hot spring they didn't count on the boys scaling the wall between the bathing areas. Probably one class trip that will no longer be on the curriculum!

Tourist warned for drone flying in center of Tokyo

A foreigner looking for some footage of the awesomely crazy Shibuya crossing in Tokyo was stopped and warned by police for flying a drone over the busy intersection. Luckily for him he was just warned rather than arrested.

Train overruns platform due to sleepy driver

A JR Toban train overshot the platform by 240 meters after the driver snoozed at the controls. Luckily the conductor quickly applied the emergency break and the train was able to back into the station.



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Tami's Vegan Cafe

by Ashley Owen

A stone's throw from American Village's iconic ferris wheel, Tami's Vegan Cafe is a bright and airy oasis situated on the second floor of Carnival Park Mihama. From this lofty position, the restaurant commands an excellent view of the ocean well over the nearby shopping plazas. To make the most of this great location, make sure to grab a seat next to the floor-to-ceiling windows, or head out to the terrace if the weather is good.

As the name suggests, the menu at Tami's is entirely vegan, with a decent amount of gluten-free options, too. For lunch you can choose between "Tami's Plate"—a beautiful, daily array of side dishes—curry, and a range of burgers including veggie fish, teriyaki mayonnaise, and miso cutlet. If you want fries with your burger it's an extra ¥500, which makes the menu a little on the expensive side, but the quality of the food is definitely worth the price.

The dinner menu is a bit more extensive, with a variety of appetizers, pasta dishes, salad, and more burgers—this time with fries included! The burgers are a generous size, the flavors are fantastic, and while the portion of fries is a little small, they are perfectly seasoned. There's also a rotating set of desserts at both lunch and dinner times, including cake and soft-serve ice cream in flavors such as matcha and vanilla. Drinks range from tea and coffee to beer, wine, and smoothies.

Tami's is a fantastic choice for vegans and vegetarians in Okinawa, and not just because of the food—it's conveniently located, the service is quick, and the staff are friendly and attentive. Oh, and be sure to keep an eye out for the cute cats on the terrace!



Google Map & Directions:



<https://goo.gl/maps/kSn6e4m3yaz>

Closed Tuesday

Yen & CC accepted

098-926-2551 / tamis.jp

Tami's ヴィーガンカフェ

北谷町にあるアメリカンビレッジの目印、観覧車からすぐの場所にあるTami'sヴィーガンカフェは、カーニバルパーク・ミハマの2階にある明るい癒しの場所。ここからは、近隣のショッピングプラザ、そしてその先には海も見渡すことができます。景色を最大限に楽しむためには、全面ガラス窓の近くか、天気がよければテラス席がおすすめ。



その名が表す通りTami'sのメニューは全てヴィーガンで、グルテンフリーオプションもあります。ランチでは、食材が美しく盛り付けられたTami's日替わりプレートか、カレー、またはベジフィッシュ、照り焼きマヨ、味噌カツレツなどのバーガーから選ぶことができます。フライドポテトをつけると別途500円かかります。少し高めと思うかもしれませんが、そのクオリティは高く、きっと満足できるでしょう。

ディナーメニューはさらに少し高い価格帯ではありますが、前菜、パスタ、サラダ、そしてランチより種類の多いバーガーがあります(フライドポテトはついてきます)。ハンバーガーはボリュームたっぷり、味ももちろん素晴らしく、フライドポテトの味付けも完璧。またランチ、ディナーともに日替わりデザートがあり、ケーキや、抹茶やバナラ味のソフトクリームを楽しむことも。飲み物はお茶からコーヒー、ビール、ワインやスムージーまで取り揃えています。

Tami'sはヴィーガン、ベジタリアンの人にピッタリですが、ただ美味しいだけでなく、アクセスも容易、サービスは早いしスタッフはフレンドリーなうえにとっても気が利くのです。テラスでは可愛い猫もお迎えしてくれるので探してみてください。

電話番号: 098-926-2551

ウェブサイト: <https://www.tamis.jp/>

Facebook: <https://www.facebook.com/tamis.okinawa/>

クレジットカード使用可。

Tami's Vegan Cafe 評論

Tami's Vegan Cafe 和美國村 (American Village) 著名的摩天輪相距不遠，位在Carnivalpark Mihama 二樓，明亮寬敞且舒適。從位在這個制高點上的餐廳，可欣賞到附近購物廣場和海洋的美景。為了充分利用這個優越的地理位置，您可以在落地窗旁邊坐下，或者在天氣晴朗時前往露台。



顧名思義，Tami's 提供的是純素菜單，還包括相當數量的無麩質選擇。午餐時，您可選擇Tami's的每日餐盤，內含精美的配菜擺盤，包括咖哩和各種內含素魚、紅燒蛋黃醬和味噌炸肉排的漢堡。如果您想要漢堡加薯條，還要額外支付 500 日圓，這是菜單中稍微昂貴的部分，但是就食物的品質而言，絕對是物超所值的。

晚餐菜單較昂貴，選擇可是更加多元化，有各種開胃菜，義大利麵食，沙律和多種漢堡，而且內附薯條！漢堡屬於大份量而且非常美味，而薯條的份量有點小，但調味很棒。午餐和晚餐時段還提供甜點轉盤，包括蛋糕和抹茶及香草口味的軟雪糕。飲品包括茶和咖啡、啤酒、葡萄酒和冰沙。

Tami's 是在沖繩的純素主義者和素食者的絕佳選擇，而且不僅僅是因為食物。它位置便利、服務快速而且工作人員友好且周到。哦，務必要留意露台上那些可愛的貓咪！

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4. STEAK HOUSE 88 KOKUSAI-DORI ANNEX

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11. STEAK HOUSE 88 CHURAU MI ANNEX

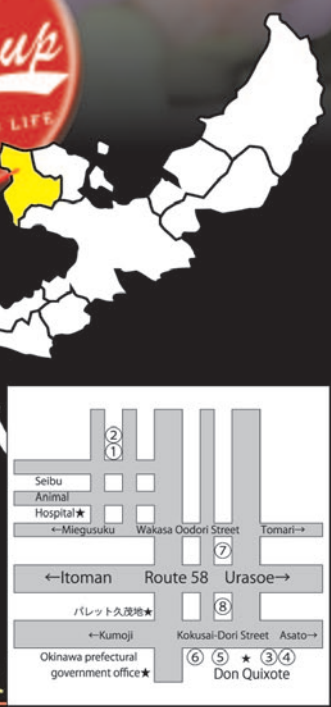
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5.6.7.8.



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